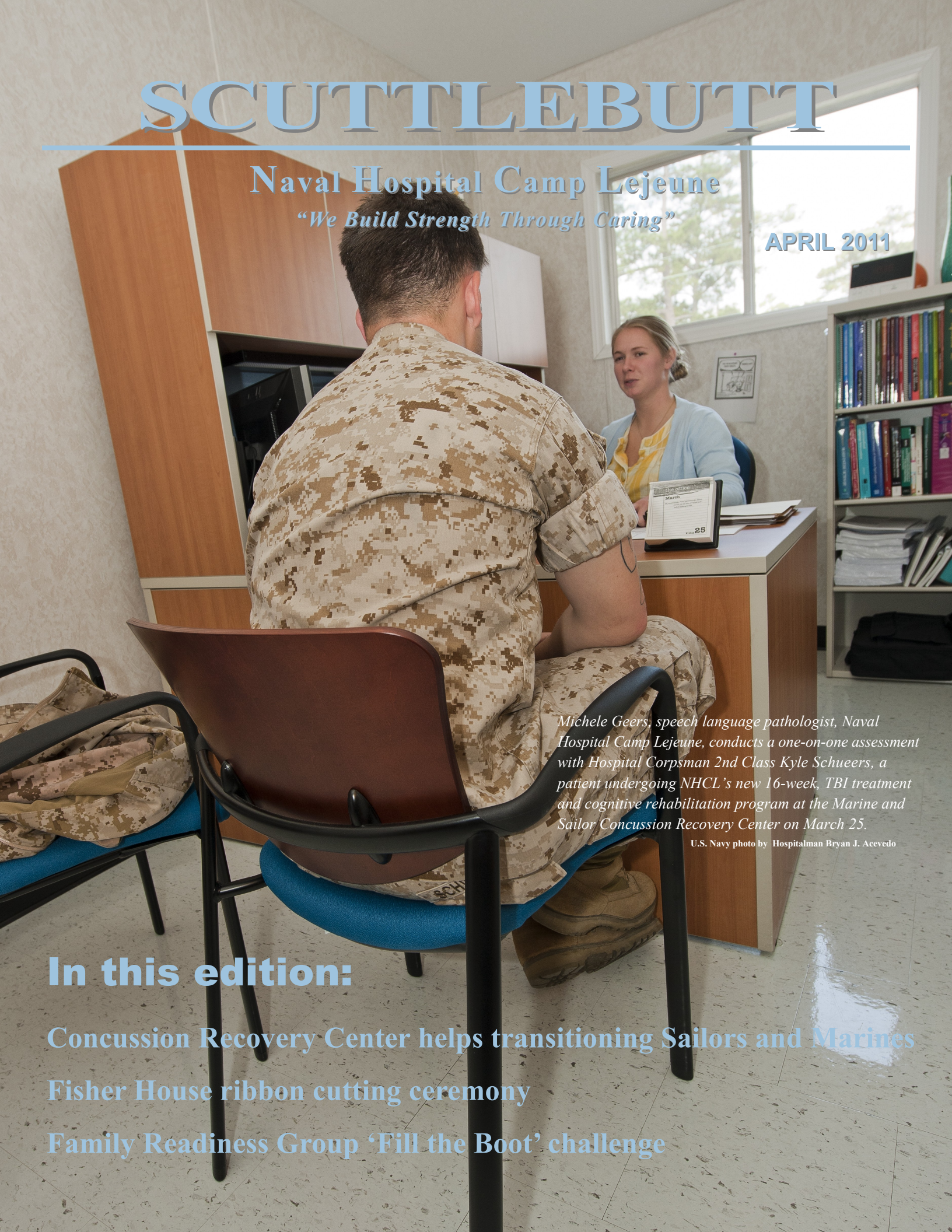


SCUTTLEBUTT

Naval Hospital Camp Lejeune

"We Build Strength Through Caring"

APRIL 2011



Michele Geers, speech language pathologist, Naval Hospital Camp Lejeune, conducts a one-on-one assessment with Hospital Corpsman 2nd Class Kyle Schueers, a patient undergoing NHCL's new 16-week, TBI treatment and cognitive rehabilitation program at the Marine and Sailor Concussion Recovery Center on March 25.

U.S. Navy photo by Hospitalman Bryan J. Acevedo

In this edition:

Concussion Recovery Center helps transitioning Sailors and Marines

Fisher House ribbon cutting ceremony

Family Readiness Group 'Fill the Boot' challenge

Commit to your personal health and fitness



Welcome to your April edition of our beloved *Scuttlebutt* magazine. As you read this, we are well into the spring season and the return of beautiful weather to Eastern North Carolina. Here at the Hospital, we are looking forward to celebrating the Chief Petty Officers 118th Birthday on April 1st; holding our Command's semi-annual uniform inspection on April 29th; and too many other activities

to list in one forum.

Spring is also a time to renew your commitment to personal health and fitness. Ask yourself, am I committed to my long term well-being? Am I exercising and watching what I eat? For those National Football League fans out there, you may be familiar

with the NFL's "Play-60" campaign which was instituted to help kids get up off the couch and "play" outside for exercise in an effort to reduce childhood obesity. The same concept can pay huge dividends in your own lives. Spend 60 minutes a day in one of the spectacular world-class fitness centers located all over the base; in our own 'Tim Taylor' fitness center or lastly, go outside.

The best way I know how to achieve fitness goals is to write them down and tell friends about them. Challenge each other or hold a "biggest loser" contest or some other fitness program to motivate people in your department towards physical fitness.

Bottom line: We need you at your best! Living a lifestyle of fitness and health will benefit you and your family and provide an example for our patients to emulate. Now get out there!

Terry J. Prince (FMF/SW/AW)
Command Master Chief
Naval Hospital Camp Lejeune

'Fill the Boot' challenge



Capt. Daniel Zinder, commanding officer, Naval Hospital Camp Lejeune (left), Command Master Chief Terry Prince (middle), and a host of family members pose with Prince's boot; ready to donate money in support of NHCL Family Readiness Group's (FRG) "Fill the Boot" fundraising challenge on Feb. 26.

The Family Readiness Group recently hosted a Saturday movie matinee, funded by a \$500 donation from the NHCL Nurses' Association. The event raised \$100 in the "Fill the Boot" challenge which will be used to support the military families who are stationed at the Naval Hospital and deployed overseas.

This event and many others are planned throughout the year along with care-taking and morale-building activities. All NHCL staff and family members are welcomed to learn more about the FRG and how to volunteer and support the FRG. Email frgnhcl@gmail.com for information.

scut-tle-butt

n.

1. Slang for spoken communication; through the grapevine
2. Nautical
 - a. A drinking fountain on a ship; gathering place
 - b. A forum for NHCL staff to get 'insider info'

SCUTTLEBUTT



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www.facebook.com/nhclejeune

NHCL Fisher House is a home away from home

By Raymond Applewhite
Public Affairs Office

Rear Adm. Karen Flaherty, deputy surgeon general joined the Commandant of the Marine Corps Gen. James F. Amos, along with Fisher House Foundation Chief Executive Officer Kenneth Fisher and other senior leaders and notable dignitaries to commemorate the opening of the Naval Hospital Camp Lejeune Fisher House and Wounded Warrior Battalion Bachelor Enlisted Quarters March 3.

The ceremony was filled with several speakers, all of whom drew applause from the huge crowd in attendance.

"This is bigger and better than what I imagined. The Marines and family members now have a place they can call home," said retired Lt. Col. Tim Maxwell.

Maxwell is credited with the original concept for the Wounded Warrior Battalions.

Maj. Gen. Carl Jensen, commanding general, Marine Corps Installations East, followed Maxwell to the podium and gave an emotional speech telling the crowd that the two buildings were for those who had born the battle.

"These facilities will allow for rest, rehabilitation, and recovery. They are America's commitment to her service members. Our warriors will never suffer alone - not on this base, not in our community, or not in our Corps," said Jensen.



U.S. Navy photo by Hospital Corpsman 2nd Class Janine Beaufort

Rear Adm. Karen Flaherty, deputy surgeon general, is flanked by Col. Daniel Lecce, commanding officer, Marine Corps Base Camp Lejeune (right), Commandant of the Marine Corps, Gen. James F. Amos (left), Fisher House Foundation Chief Executive Officer, Kenneth Fisher, and Lt. Gen. John Paxton, Jr. (right), commanding general, Second Marine Expeditionary Force, Camp Lejeune, as they cut the ribbon to the Naval Hospital Camp Lejeune Fisher House and Wounded Warrior Battalion Bachelor Enlisted Quarters, March 3.

The Fisher House is a 10,000 square foot single level building described as a "comfort home" for families of wounded who are undergoing care at the hospital. It is the first Fisher House to be built aboard a Marine Corps installation. The Fisher House has 12 suites, each with a private, handicapped accessible bathroom and common areas that include a multi-cooking station kitchen, large communal dining area and family rooms.

Fisher, who the Commandant made an honorary Marine at a reception the night before, rounded out the speakers and gave a very compassionate speech.

"The Fisher Foundation would never leave a military family behind while their loved ones returned from war to heal," said Fisher. "This is Fisher House number 49 and to date we have built 53 Fisher Houses, helped 142,000 families and helped military families save 165 million dollars."

The second building, Wounded Warrior Battalion BEQ, is a three-story building consisting of 100 rooms

with a full service kitchen as well as various lounge and recreational areas, all designed with accessibility in mind.

The NHCL Fisher House and the Wounded Warrior Barracks are the first two of four facilities comprising the larger Wounded Warrior Complex, slated for completion within the year. The remaining facilities will be a Wounded Warrior Battalion East headquarters and a Wounded Warrior Hope and Care Center.

Deputy surgeon general advice: 'look out for your wing man'



U.S. Navy photo by Hospitalman Timothy Buchheit

By Raymond Applewhite
Public Affairs Office

Making her first official visit to Naval Hospital Camp Lejeune since assuming the role as the deputy surgeon general March 3, Rear Adm. Karen Flaherty praised the hard work and dedication of NHCL staff caring for Sailors and Marines.

Visiting the hospital after the dedication of the Naval Hospital Camp Lejeune Fisher House and Wounded Warrior Battalion Bachelor Enlisted Quarters, Flaherty joined the Naval Hospital Board of Directors for a working lunch. Soon after lunch she held an "All Hands Call" with the hospital staff.

"Our folks are doing an outstanding job and when they return from these deployments their lives are changed forever," said Flaherty, as she addressed the audience of more than 100 NHCL staff. "I strongly encourage you to watch out for each other, look out for your wing man and pay close attention to your fellow shipmates. Keep up the good work!"

New Concussion Recovery

By Capt. T. Armel

Traumatic Brain Injury and Cognitive Rehabilitation Program Director

The new Marine and Sailor Concussion Recovery Center at NHCL (CRC) opened in March to assess, treat, and rehabilitate patients with mild to moderate traumatic brain injury (mTBI). The goal of the CRC is to maximize recovery for patients suffering from mTBI such that they can return to duty or function successfully in life as a civilian.



After being MEDEVAC'd from Afghanistan Jan. 19, 2011 and sustaining injuries from an improvised explosive device detonation within range of Cpl. Derrick McNeil (left), Lt. Cmdr. Randall Grove, physician assistant, Naval Hospital Camp Lejeune (right), consults McNeil at a regularly scheduled neurology appointment on March 25. McNeil was received as a patient the day he touched town to the Camp Lejeune area from Afghanistan Feb. 1, 2011, and is one of the first patients undergoing NHCL's new 16-week, TBI treatment and cognitive rehabilitation program at the Marine and Sailor Concussion Recovery Center.

The CRC is organized and staffed around a 16-week core program that utilizes an interdisciplinary team of clinical specialists to provide a standardized evaluation, which is then used to build an individualized treatment and rehabilitation plan for each patient.

The 16-week program was developed by a group of experts at NHCL who have been individually treating TBI for the past several years and saw the demand for services

rising. The group also recognized the need for an interdisciplinary approach to care.

Site visits were made to other TBI treatment programs at military installations around the country to gain lessons learned and understand common pitfalls before starting. The CRC incorporated Clinical Practice Guidelines and a treatment approach from both the Veterans Affairs and the Department of Defense Evidenced Based Program for the Management of mild Traumatic Brain Injury and the Defense Centers of Excellence Consensus Conference on Cognitive Rehabilitation for Mild Traumatic Brain Injury 2009.

A standardized evaluation is completed within the first week. An initial intake evaluation is performed by a medical provider and reviewed by a neurologist. If symptoms warrant, the patient will have a detailed examination by the neurologist. The patient then moves to further evaluations performed by a Speech and Language Pathologist (SLP), a Physical Therapist, Occupational Therapist, and a Mental Health provider.

Once the patient has been seen and evaluated by all disciplines, the findings are discussed with the initial interdisciplinary treatment team (ITT). The team creates an individualized treatment plan for the patient. The ITT reviews the plan for care and the patient's progress monthly for the first 16 weeks, or more frequently if needed. Throughout the program, the patient may be referred for additional therapies or further specialty care, such as: acupuncture; massage; Neuropsychology; Ear, Nose and Throat; Internal Medicine; or Mental Health.

At the completion of the 16 week program, the physician will make a duty recommendation. The patient will be returned to duty with intermittent follow up at the CRC or recommended for Limited Duty with a structured rehabilitation plan. If the patient is unlikely able to return to duty

y Center cares

for the defenders of peace



Marine and Sailor Concussion Recovery Center interdisciplinary team members led by Capt. T. Armel (back center).

candidates for the program. The PCMs are asked to treat the Marine or Sailor's concussion symptoms for a minimum of eight weeks prior to referring to the CRC. PCMs are provided treatment guidelines and given contact information for consultation with one of our TBI clinical providers.

The projected volume of patients, based on a detailed analysis of the program

period of Limited Duty and rehabilitation plan may be tried, or it may be recommended to move directly to physical evaluation board (PEB). The goal in duty recommendations is to give the patient the best possible outcome.

A major part of ensuring the CRC program's success is in education. Two main groups are targeted for education: patients and their families, and primary care medical providers.

Patients and family members are educated on general concussion symptoms, self-treatment approaches, and common sense limitations to avoid further injury. Spouses and other family members are invited to become actively engaged in their service member's care through basic TBI education and participation in the Recovery from Concussion Group therapy program.

Primary Care Managers (PCMs) are educated on the entry criteria for the CRC; how to determine who is a candidate for the program; how to clinically treat them prior to entry; and how to treat or refer patients who are not

evaluation and treatment model and the historical consult volume entering the CRC, will be 18 new patients per week. We are currently augmenting the staff to accommodate this volume and expect to reach that capacity in the next six to ten months. The Bureau of Medicine and Surgery (BUMED), the Defense and Veteran's Brain Injury Center, and the Public Health Service are all contributing people and financial support, making the CRC a success.

The staff of the CRC are currently spread across four different locations on Camp Lejeune. We anticipate consolidating the program under one roof within the next six months; however, this will be the temporary home for the CRC until 2014, when the hospital expansion and renovation project is complete. At that time, the CRC will move into a permanent location within the main hospital facility.

HOSPITAL ROUNDS

YOU can help improve your quality of care!

Submit a comment, improvement, suggestion or compliment through the **DOD Interactive Customer Evaluation (ICE)** system. All ICE comment cards are addressed by the designated hospital service provider manager. All complimentary comments are forwarded to management for staff recognition. Feedback can be submitted anonymously, but the more information you leave, the more we can help! Designated ICE computers are located throughout the Naval Hospital and on the Naval Hospital Web site.

Contact Patient Relations Department at 450-4154 for more information.

Naval Hospital Camp Lejeune presents

Eggs Travaganza

Saturday April 9

11:00 a.m. — 1:00 p.m.

Goettge Memorial Field House

Come join the fun! Easter egg hunt, arts & crafts, pony rides, Easter Bunny and more!

Free and open to all Naval Hospital staff and families. For more information, contact Heidi Anastasia at 451-3399.

TRICARE Operations Department's February Team Member of the Month



TRICARE Operations Department's February Team Member of the Month is **Irene Sargent**, population health program specialist. Sargent was selected for her efforts with improving the health of the Naval Hospital's beneficiary population, including: her work on Project Dinner, a project identifying diabetic patients

in need of nutritional guidance; and an educational program called, Stitch in Time, a program that assists Certified Nursing Assistants with measures to help our patients live healthier lives. Congratulations Irene!

Navy Marine Corps Relief Society

2011 Fund Drive

March 14 — April 14



U.S. Navy photo by Hospitalman Bryan J. Acevedo

Naval Hospital Camp Lejeune's Command Master Chief Terry J. Prince and Capt. Daniel J. Zinder pledge their support to the Navy Marine Corps Relief Society (NMCRS) 2011 Fund Drive at NHCL's kick-off event March 14. NMCRS, the principal source of emergency assistance for Navy and Marine Corps personnel and families, provided \$69,813 to NHCL Sailors, Marines and family members in 2010.

Federal Long Term Care

Insurance Program

Open Season

April 4 — June 24

Enroll during open season and have fewer health questions to answer on the first abbreviated application since 2002!

Contact human resources at 450-4198 or visit www.ltcfeds.com for more information.

Calling all writers and non-writers alike!

Have information you'd like to be featured in Hospital Rounds, a story idea, or would you like to be considered for a contributing writer position?

Contact NHCLPAO@med.navy.mil for more information.

NHCL Corpsman selected for Navy's 2011 Warrior Games

By Anna Hancock
Public Affairs Office



Petty Officer Rose
(Courtesy photo)

Hospital Corpsman 1st Class Justin Rose, Camp Johnson Branch Clinic, Naval Hospital Camp Lejeune, has been selected to represent the Navy in the Department of Defense's second annual Warrior Games hosted by the U.S. Olympic Committee's Paralympics Military Program in Colorado Springs, Colorado to be held May 10-14.

One of thirty-five individuals representing the Navy/Coast Guard

team, Rose agrees that the Warrior Games motivates him to work towards physical and mental goals, while concurrently helping in his recovery, rehabilitation and reintegration into the Navy – the ultimate design of the games.

"When my team and I are training, it's motivation. Motivation to get out and do something and not sit on the couch wondering 'why me?'" said Rose.

While stationed in Helmand province, Afghanistan, Rose was injured by an improvised explosive device on July 14, 2009. He sustained a grade 3 concussion with Traumatic Brain Injury. His injuries have steadily improved. According to Rose, playing

SEE WARRIOR GAMES page 8

80's prom night, a real thriller



By Lt. Cmdr. Timothy Drill
Multi Service Ward

Prom night, 1980's style, captured the interest of Naval Hospital Camp Lejeune staff and friends at the Officer's Club March 19. Filled with dance, music and dressed-up fun, attendees experienced a throwback of nostalgia from the 1980's inclusive of favorite candy, music and games.

The command Recreation Committee organized the playful event that perked the passion of all in attendance. Costumes seemed to rule the night. Pretty in pink, or cutting-edge creations thrown together from the dark corners of closets, stood out as common expressions that tweaked the curious eye for frenzied fashion.

A highlight of the night was the nomination of Prom Queen, Tina Gibson, Customer Relations Department,

and Prom King, Chief Hospital Corpsman Tom Gerfy, Patient Administration Department. Senior Chief Hospital Corpsman

Shannon Dittlinger, Directorate of Medical Services, won a complimentary limo ride, which she redistributed as a giveaway to an undisclosed junior sailor.

Married couples were contestants in a version of "The Newlywed Game," and an assortment of door prizes, including Mrs. Potato Head, DVDs and nostalgic candy made many happy faces throughout the night.

The chaperones on hand, found the evening to be in good taste and essentially uneventful. Typical chaperone comments, wouldn't you agree?



Lending 36 Navy hands to help 1,400 local families

By Religious Program Specialist 3rd Class Joshua Bloodgood
Pastoral Care

Eighteen Sailors from Naval Hospital Camp Lejeune devoted seven hours of their time, filling boxes with frozen chicken and potatoes, various canned foods, cereal and juice; all totaling to an amount of over 24,000 items of food at a food drive event on March 16. In partnership with Religious Community Services of New Bern, volunteers distributed the boxes of food to 1,400 families in need, making the food drive a huge success.



Photos by Religious Program Specialist 1st Class Lisa Ping

The food drive event provided an opportunity for Sailors to give back to their community.

"I want to be actively involved with the community and seize opportunities to help out the less fortunate members of society," said Hospital Corpsman 3rd Class Frank Bowman, who works in the pharmacy at NHCL's French Creek Clinic. "I was

able to get away from the usual work routine and learn team building skills. I liked the feeling of having accomplished something worthwhile at the end of the day."

Volunteers agreed that it was quite a humbling experience. It is easy to complain about long lines to the galley or about what is being served on a particular day; it is even easier to forget how big of a blessing it is to have food readily available. For too many people, going without food on a daily basis is a reality. The hard work and willingness of NHCL's Sailors ensured that some of these people didn't go hungry for at least one night.



Pastoral Care thanks all the departments and clinics that allowed their Sailors to take a day away from their work spaces to volunteer for this project. Doing so may have created a larger workload for everyone else to carry, but everyone's flexibility played a role in serving our local community!

WARRIOR GAMES from page 7

in the 2010 Warrior Games and being selected to return in 2011 has played an integral role in his healing process.

"The games help me keep my head up and keep pushing myself," said Rose. "It's a great reminder that I, and other wounded warriors can still do what we used to do. Just in a different way."

This year, Rose worked with volunteer U.S. Olympic coaches and easily qualified for the track and field discus throwing team, as well as a spot in the shooting competition. His position on the sitting volleyball team; however, proved to be a tough try-out.

"I've always enjoyed volleyball, but sitting volleyball is extremely strenuous. I think knowing the basics of the game: the bump, set, spike and my endurance was what helped me make the team," explained Rose.



The wounded warrior athletes include service members with upper-body injuries, lower-body injuries, spinal cord injuries, traumatic brain injuries, visual impairment and post-traumatic stress disorder. More than 200 wounded, ill, and injured service members from all military services will compete in individual and team events including: archery, cycling, shooting, swimming, wheelchair basketball, cycling, sitting volleyball and track and field.

"Like what I tell other wounded warriors I meet, and have been told myself before, your worst day was always yesterday. It will always get better," explained Rose. "I hope other guys get the opportunity to play in the Warrior Games. It has definitely been a great experience and I look forward to the games in May."

For updates on Rose's competitions, visit NHCL's Facebook page in May.